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U. S. Department of Agriculture

Housekeepers' Chat

Monday, July 28, 1930.

Not for Publication

Subject: "How the Milk Supply is Guarded." From Bureau of Dairy Industry,
U. S. D. A. Menu and recipe from Bureau of Home Economics, U. S. D. A.

--ooOoo--

Today's chat, "How the Milk Supply is Guarded," is an answer to a letter received some weeks ago. Here's the letter:

"Dear Aunt Sammy: One time you asked what subjects we would like to have you discuss. How about the milk supply, and how it is protected? We city dwellers know very little about milk inspection, how cans and bottles are sterilized, how milk is pasteurized, and so on. Then you might tell us how milk should be cared for, in the home, in the hot weather. -- Very truly yours, Mrs. B."

As I said before, this chat is a reply to Mrs. B.'s letter.

In the so-called "good old days," when nearly every family kept a cow or bought milk from a neighbor, little thought was given to the safety of the milk supply.

But nowadays, the milk for most of our large cities comes from hundreds of thousands of cows, some of them on farms several hundred miles distant. Therefore, as a protection to you and me and hundreds of other city housewives, it is necessary to have ordinances guarding the milk supply, together with an inspection force and laboratory facilities, both chemical and bacteriological.

The first form of milk inspection consisted almost entirely of the detection of adulterants and preservatives in the milk. Today, inspection goes much farther than this. The production of milk on the farm is generally supervised by local, county, or state health authorities. In addition, many of the larger plants send field men to the farms from which they buy milk. These field men educate the farmer in better milk production.

Inspection at the farm includes testing the cows for tuberculosis; examination of the milkers and handlers of milk, for the purpose of detecting contagious or infectious diseases; and investigation of the sanitary conditions under which the milk is produced, including the cleanliness of the cows and the milkers, the condition of the water supply, and the facilities for sterilizing milk utensils and cooling the milk.

What happens after the milk leaves the farm? It is usually taken to the milk plant. Here again the handling of the milk is closely supervised by health authorities. They see to it that the temperature, bacteria and sediment of the milk conform to the standards as given in the ordinances. All milk which does not conform to these standards is rejected. After the

cans are emptied, they are washed and sterilized, and returned to the farms immediately.

The milk is then usually pasteurized, that is, heated to the proper temperature, and held at that temperature for the length of time necessary to kill all known disease organisms.

After it is pasteurized, the milk is quickly cooled to the proper temperature, bottled, and kept cool till it's delivered. In the larger plants the bottles are washed in automatic washers, with strong caustic solutions, rinsed, and sterilized with hot water, steam, or approved chemicals. All milk bottles are filled and capped by machine, rather than by hand, to prevent contamination by human hands. This is an added safeguard, although it is a general rule that all employees in milk plants undergo a periodical health examination.

After all these precautions are taken on the farm, and in the milk plant, what about the care of the milk, in the home? That depends upon you and me. Care of the milk in the home is important, even though it is not regulated by the health authorities.

Here are four rules, from the U. S. Bureau of Dairy Industry, which we will do well to follow:

First, provide a receptacle on the porch, in which the milkman can place the bottled milk, so that it will be protected from contamination.

Second, place the milk in the refrigerator as soon as possible after it is delivered.

Third, leave the milk in the bottle until it is ready to be used.

Fourth, do not return unused milk or cream to the bottle.

And now we're ready for the menu: A Ripe Olive Club Sandwich that is "different;" a nice cooling drink, such as grapejuice with a little lime juice, or fruit lemonade, or iced tea, iced coffee, or chocolate; and watermelon.

This Ripe Olive Club Sandwich really is "different," and it's perfectly delicious. Seven ingredients, for the Ripe Olive Club Sandwich:

1 loaf bread	6 slices cooked bacon, crisp
3 large ripe, skinned tomatoes, sliced thin	1 cup ripe olives, cut from stones
3 hard-cooked eggs, sliced	Thick mayonnaise, and
	Lettuce

Slice the bread, trim off the crusts, and toast until lightly browned. Make double-decker sandwiches with the toast and other ingredients arranged in layers of lettuce, egg, bacon, tomato, and olives with enough mayonnaise to moisten. Insert toothpicks to hold the sandwiches together and garnish the tops with a little mayonnaise and a few of the sliced ripe olives. With a cold beverage and a light dessert this makes an ideal hot weather luncheon or supper.

Tuesday: "Saving Money on the Ice Bill."

